WHAT IS CLAIMED IS:

1. A substrate accommodating tray for accommodating a substrate, the substrate accommodating tray comprising:

a frame including a pair of first frame portions facing each other and a pair of second frame portions facing each other;

a plate-like support element provided in an area surrounded by the frame for supporting the substrate, the support element having a first opening provided between the pair of first frame portions; and

at least one support member provided along the first opening between the pair of first frame portions for supporting the support element.

- 2. A substrate accommodating tray according to claim 1, wherein the at least one support member is provided so as not to project over an upper surface of the support element.
- 3. A substrate accommodating tray according to claim 1, wherein the support element has a second opening provided between the pair of second frame portions.

- 4. A substrate accommodating tray according to claim 1, wherein the support element contains a foamed synthetic resin.
- 5. A substrate accommodating tray according to claim 1, wherein the frame and the at least one support member each contain aluminum.
- 6. A substrate accommodating tray according to claim 1, further comprising:

at least one reinforcing member for reinforcing the support element, the at least one reinforcing member being provided in the support element between the pair of first frame portions.

- 7. A substrate accommodating tray according to claim 6, wherein the at least one reinforcing member is provided in the support element so as not to be exposed to an upper surface of the support element.
- 8. A substrate accommodating tray according to claim 6, wherein the at least one reinforcing member includes an aluminum pipe.

- 9. A substrate accommodating tray according to claim 1, wherein the support element further has a plurality of openings respectively provided in the vicinity of a plurality of corners of the frame.
- 10. A substrate accommodating tray according to claim 1, wherein the support member includes:

a straight beam-like support body portion;

a first upper flange portion provided at an upper position on one side of the support body portion; and

a first lower flange portion provided at a lower position on the one side of the support body portion,

wherein the first upper flange portion and the first lower flange portion have a space therebetween.

- 11. A substrate accommodating tray according to claim 10, wherein the support body portion has a trapezoidal cross-section.
- 12. A substrate accommodating tray according to claim 10, wherein the support body portion is hollow.
- 13. A substrate accommodating tray according to claim 12, wherein the support member further includes a reinforcing

rib provided in the support body portion substantially vertically to a planar direction of the support element.

14. A substrate accommodating tray according to claim 10, wherein the support member further includes:

a second upper flange portion provided at an upper position on the other side of the support body portion; and

a second lower flange portion provided at a lower position on the other side of the support body portion,

wherein the second upper flange portion and the second lower flange portion have a space therebetween.

- 15. A substrate accommodating tray according to claim 14, wherein the support body portion has a trapezoidal cross-section.
- 16. A substrate accommodating tray according to claim 14, wherein the support body portion is hollow.
- 17. A substrate accommodating tray according to claim 16, wherein the support member further includes a reinforcing rib provided in the support body portion substantially vertically to a planar direction of the support element.

18. A substrate accommodating tray according to claim 1, wherein:

the pair of first frame portions are substantially parallel to each other,

the pair of first frame portions and the pair of second frame portions are substantially perpendicular to each other, and

the frame is a quadrangular frame.

19. A substrate accommodating tray for accommodating a substrate, the substrate accommodating tray comprising:

a frame including a pair of first frame portions facing each other and a pair of second frame portions facing each other; and

a plate-like support element provided in an area surrounded by the frame for supporting the substrate.

- 20. A substrate accommodating tray according to claim 19, wherein the support element has a plurality of openings respectively provided in the vicinity of a plurality of corners of the frame.
- 21. A substrate accommodating tray according to claim 19,

wherein the support element contains a foamed synthetic resin.

- 22. A substrate accommodating tray according to claim 19, wherein the frame contains aluminum.
- 23. A substrate accommodating tray according to claim 19, further comprising:

at least one reinforcing member for reinforcing the support element, the at least one reinforcing member being provided in the support element between the pair of first frame portions.

- 24. A substrate accommodating tray according to claim 23, wherein the at least one reinforcing member is provided in the support element so as not to be exposed to an upper surface of the support element.
- 25. A substrate accommodating tray according to claim 23, wherein the at least one reinforcing member includes an aluminum pipe.